

MEN'S HEALTH MATTERS

ISSUE 1 • 2022

GOLD COAST UROLOGIST
DR MARTIN ELMES



Offering your patients leading
Urological care



**WE ARE MOVING TO OUR NEW OFFICE
LOCATED AT 299 RIO VISTA BOULEVARD
MERMAID WATERS!**

Our new office is conveniently located centrally for new and existing patients between Pindara Private and John Flynn Private Hospitals with excellent patient parking. Our current rooms will be closed on Friday 29th July and we will reopen at the new rooms on Tuesday 2nd August 2022.

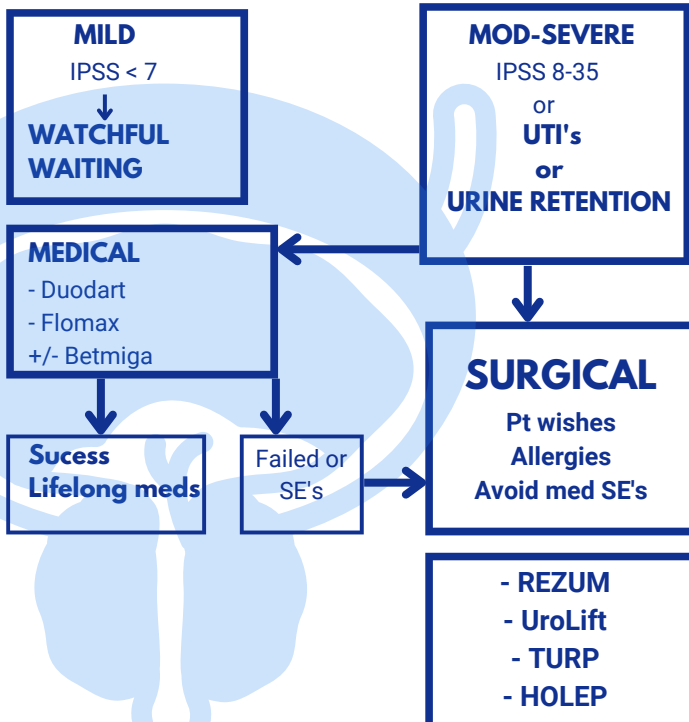
BPH REFRESHER

Determining if medical therapy or surgery is most appropriate is the first step here.

INVESTIGATIONS

- UEC, MSU, PSA, renal US
- Other:
 - IPSS, Bladder diary, Urodynamics, Cystoscopy

LUTS



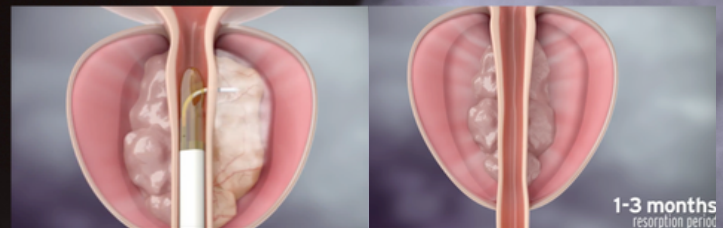
**We offer all Advanced
Minimally Invasive Prostate
Surgeries for your patients.**

**BPH: HoLEP Laser, Rezum,
UroLift**

**Robotic Prostate & Kidney
Surgery at John Flynn
Private Hospital**

Rezum - Steam Prostate Therapy

This is a new minimally invasive BPH treatment which uses stored thermal energy in water vapour (steam) to treat the extra prostate tissue that is causing symptoms such as frequency, urgency, irregular flow, weak stream, straining and nocturia. It is a safe and effective treatment providing symptom relief in 2-4 weeks.



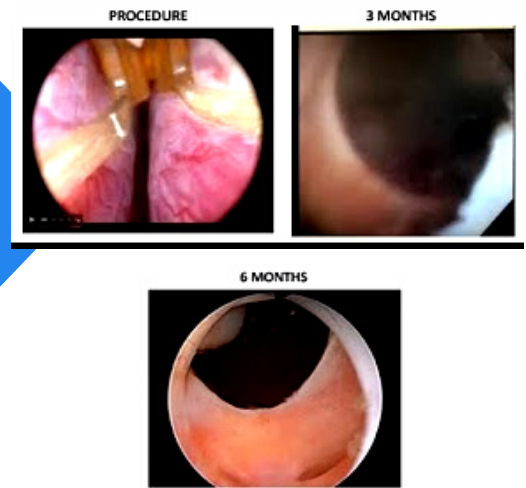
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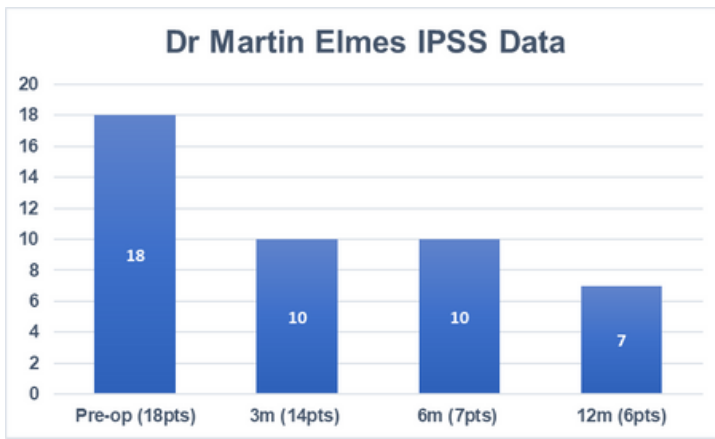
www.goldcoasturologist.com.au
Youtube: Gold Coast Urologist

Rezum - How it works

Using a hand-held device, radio frequency energy is applied to a few drops of water to create vapour (steam). The water vapour is injected into the prostate tissue that is blocking the flow of urine from the bladder, where it immediately turns back to water, releasing the energy stored in the vapour into the cell membranes. At this point, the cells are gently and immediately damaged, causing cell death. Over time, your body will absorb the treated tissue through its natural healing response. Most patients see results 2-weeks post operatively with maximum benefits occurring within 3 months.



Rezum - Real life patient Data Outcomes



12 months post Rezum reduced IPSS severity score from Dr Elmes patient data

- Significantly less sexual side effects with Rezum - preserve ejaculatory function
 - No ED
 - Only 8% retrograde ejaculation
- Works best in prostates 30-60cc volume but have been utilised in larger prostates in certain circumstances where comorbidity precludes TURP or HoLEP

Let's not forget about our other advanced treatments

HoLEP benefits:

- Size independent, histology obtained, preserves the outer capsule, erectile nerves and urethral sphincter
- Less bleeding, lower chance of incontinence, same maximal flow rate and urinary symptom improvement, minimal reoperation rate, no ED
- Protects the bladder and Kidneys from chronic damage therefore avoid
 - Catheters long term
 - Infections and retention of urine
 - Improves flow rate, significantly reduces the score (IPSS) and importantly enhances Quality of life

UroLift benefits

- Compresses adenoma
- No cutting and bladder neck remains functional thus no risk of ED - Stress incontinence, Retrograde ejaculation

